

# Diabetic foot



Foot problems are common in people with diabetes. These can develop when high blood glucose levels affect the nerves and blood vessels in the feet. Additionally, nerve damage can cause loss of feeling in the feet.

## Symptoms

Some symptoms of nerve damage include:

- Tingling
- Numbness
- Pain
- Loss of ability to feel cold or heat

## Risk factors

Below are the risk factors that increase the likelihood of developing diabetic foot:

- Being overweight
- High cholesterol
- Uncontrolled blood sugar levels
- Being over 40 years old

## Complications

Having an infection and poor blood circulation can put you at risk for developing ulcers or gangrene in your feet. Therefore, if the infection or gangrene does not improve with treatment, amputation of the toe, foot or leg may be necessary.

It is important to prevent a foot injury from becoming a significant health problem!

## Prevention

Some alternatives that can help manage diabetes:

- **Do not smoke.** It reduces blood circulation in the feet.
- **Eat a healthy diet.**
- **Exercise** at least 30 minutes 3 times a week. Check with your doctor before starting.
- **Use medications as directed by your doctor.**

## Recommendations for healthy feet

Good foot care includes: checking your feet every day, not walking barefoot, not removing calluses, keeping your blood circulating, wearing shoes that fit you comfortably, having your feet checked at your doctor's visits, cutting your toenails straight across, and washing your feet every day, among others.

## Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following telephone lines:

### Medical Advice Line

1-844-347-7801

**TTY/TDD** 1-844-347-7804

**APS Health**

787-641-9133

## References:

[https://www.cdc.gov/diabetes/es/diabetes-complications/la-diabetes-y-los-pies.html?CDC\\_AAref\\_Val=https://www.cdc.gov/diabetes/spanish/living/healthy-feet.html](https://www.cdc.gov/diabetes/es/diabetes-complications/la-diabetes-y-los-pies.html?CDC_AAref_Val=https://www.cdc.gov/diabetes/spanish/living/healthy-feet.html)

<https://www.cdc.gov/diabetes/spanish/living/healthy-feet.html>

<https://medlineplus.gov/spanish/diabeticfoot.html>

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